

April 2017

Mon

Tue

Wed

Thu

Fri

3

9:00—10:00
Senator
Moore's
Office Hours
10:30 COA Meeting
1:00 Tai Chi



Hot Dog on Bun

4

10:00 Card
Players Group
12:30 Wii Games
12:30 Shopping Trip*

Macaroni & Cheese

5

9:00—10:00
Computer Class
9:00—12:00 SHINE
10:00 Strength &
Stretch
11:00 Library Table
10:30 Departure for
12:00 Brown Bag
Lunch & Concert
12:30 Canasta

Meatloaf & Gravy

6

8:45—12:00 Podiatrist
Appointments
9:00 Shopping Trip*
10:00 Knit/Crochet
Group
1:00 BINGO
5:00 Friends of
Rachel BVT Dinner

Chicken Pot Pie
w/Biscuit

7

11:15 Lunch Trip
to BVT's Three
Seasons
Restaurant



Breaded Fish
w/Bun

10

9:15
Breakfast
at the Center
12:30 Shopping
Trip*
1:00 Tai Chi



Wizard of Oz
Depart 1:30 for 2:00
Play at Nipmuc,
Sun., April 9

Beef Stew

11

10:00 Card
Players Group
12:45 Birthday Bash
w/Music by Rockin'
Ralph



Catch of the Day

12

9:30 Coffee
Social
at Millhaus Lobby
9:00—10:00
Computer Class
10:00 Strength &
Stretch
11:00 Library Table
12:30 Canasta

Chicken Murphy

13

10:00 Knit/Crochet
Group
1:00 BINGO



EASTER MEAL:
Baked Ham w/Maple
Glaze

14 Good Friday

12:30
Intergenerational
Spring Craft

Vegetable Cheese
Bake

17

PATRIOTS'
DAY



EASTER
Sunday,
April 16



Center is Closed

No meals served

18

10:00 Card
Players Group
1:00
Intergenerational
American Indian
Music Program



Meatballs w/Onion
Gravy

19

9:00 Shopping Trip*
9:00—10:00
Computer Class
9:00—12:00 SHINE
10:00 Strength &
Stretch
11:00 Library Table
12:30 Canasta
12:30 BP Checks
12:30 Walk in the
Park

Fish w/Crumb Topping

20

10:00 Knit/Crochet
Group
1:00 BINGO

Salisbury Steak

21

9:30 Shopping
Trip & McD's*
1:00 Songs &
Stories for
Everyone with
Davis Bates



Greek Chicken w/
Biscuit

24

VOLUNTEER
APPRECIATION:
11:00 Social Hour
12:00 Volunteer
Lunch
1:00
Singer
Tony
Funches



BBQ Chicken

25

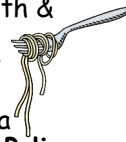
10:00
Card
Players
Group
12:30 Cornerstone's
Brain Healthy Lunch
2:00 Wii Games



Salmon Boat

26

9:00 BVT Salon Visit
9:00—10:00
Computer Class
10:00 Strength &
Stretch
11:00 Library
Table
12:30 Canasta
5:30 Annual Police
Spaghetti Supper



Chicken Primavera

27

10:00 Knit/Crochet
Group
1:00 BINGO

Stuffed Pepper
Casserole

28

9:00 Shopping
Trip*
12:30 Afternoon
Movie
5:30 Men's
Club
Supper




Shepherd's Pie

* Please see
Newsletter for
details on our
shopping trips.



April, 2017 — Dates to Remember

Check  here if you plan to attend !*

- April 3 _____ Senator Moore's Office Hours, 9:00—10:00
- April 3 _____ COA Board Meeting, 10:30
- April 4 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30
- April 5 _____ SHINE appointments, 9:00—12:00
- April 5 _____ Mechanics Hall Concert, Worcester, Depart 10:30/12:00 Concert. Do you need a ride? Yes _____ or No _____
Would you like to purchase a bagged lunch to bring for \$3? Yes _____ or No _____
- April 6 _____ Podiatrist Appointments, 8:45—12:00
- April 6 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- April 6 _____ Friends of Rachel BVT Dinner. Depart at 4:45. Do you need a ride? Yes _____ or No _____
- April 7 _____ Lunch Trip to BVT's Three Season's Restaurant, Depart 11:15. Do you need a ride? Yes _____ or No _____
- April 9 _____ Wizard of Oz Play at Nipmuc High School, Van departs 1:30. Do you need a ride? Yes _____ or No _____
- April 10 _____ Breakfast at the Center, 9:15
- April 10 _____ Shopping Trip—Market Basket, Hudson, 12:30
- April 11 _____ Birthday Bash, 12:45. Do you have a Bday this month?! Yes _____ or No _____
- April 12 _____ Coffee Social at Millhaus Lobby, 9:30
- April 14 _____ Intergenerational Spring Craft, 12:30
- April 16 _____ HAPPY EASTER!
- April 17 _____ PATRIOTS' DAY—Center is Closed; No Meals Served
- April 18 _____ Intergenerational American Indian Music Program, 1:00
- April 19 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- April 19 _____ SHINE appointments, 9:00—12:00
- April 19 _____ Blood Pressure Checks with the Town Nurse, 12:30
- April 19 _____ Walk in the Park, 12:30
- April 21 _____ Shopping/Lunch Trip—Kmart, Webster, with a stop at McDonald's on the ride home, 9:30
- April 21 _____ Songs & Stories for Everyone with Davis Bates, 1:00
- April 24 _____ Volunteer Celebration—Social Hour, 11:00
- April 24 _____ Volunteer Lunch, 12:00
- April 24 _____ Volunteer Celebration—Singer Tony Funches, 1:00
- April 25 _____ Cornerstone's Brain Healthy Lunch, 12:30
- April 26 _____ BVT Salon Visit, 9:00. For what service? _____ Do you need a ride? Yes _____ or No _____
- April 26 _____ Annual Police Spaghetti Supper, 5:30
- April 28 _____ Shopping Trip—Market Basket, Oxford, 9:00
- April 28 _____ Afternoon Movie, 12:30
- April 28 _____ Men's Club Supper, 5:30

Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

HAPPY
Easter



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!

Your name:

Your Phone Number:

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday.....	Tai Chi (no class 4/17 and 4/24)	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii on April 11 or 18; Wii at 2:00 on April 25).....	12:30
Every Wednesday	Computer Class.....	9:00
Every Wednesday	Strength & Stretch	11:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00